



Let's Reduce Stress



Activity 2: Move to Relax!

LEAD IN: How do you reduce stress?

Complete the sentences with activities you do to relax.

To reduce stress...

Example: First of all, I always play videogames online with friends, after that I eat some chocolates or candies. Finally, I watch TV with my family or sometimes I take a nap.



DRINK A COFFEE



RUN IN THE PARK



COOK



READ BOOKS

LET'S PRACTISE!

PRACTISE-EXERCISE 1

Match the pictures with the verbs.

A. Play the guitar

B. Walk

C. Read a book

D. Watch tv/ a movie on YouTube

E. Play online with friends

F. Meditate and relax

G. Sleep well and recharge

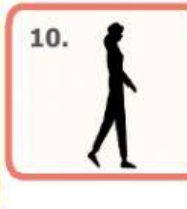
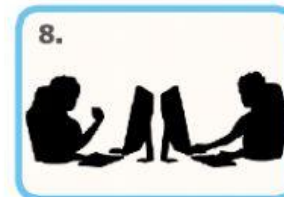
H. Join a group

I. Eat well, reduce fast food and caffeine

J. Organize your time a

K. Exercise and move

L. Play volleyball and soccer/football



LISTENING COMPREHENSION

PRACTISE-EXERCISE 2

Listen, look at the pictures and write complete sentences.



ALISA, 15
Kramatorsk – Ukraine

REASONS TO FEEL STRESSED IN LOCKDOWN

I don't





1. I don't ...



WHAT SHOULD I DO TO REDUCE STRESS?

2. I read...



3. I play....



4. I watch





MIGUEL, 14
Huancavelica – Peru

REASONS TO FEEL STRESSED IN LOCKDOWN

1. I don't

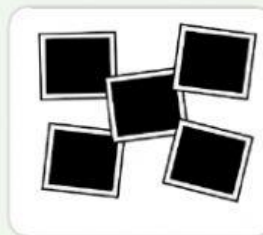
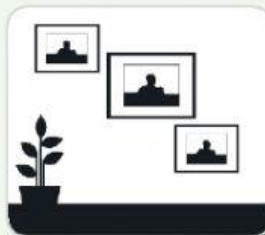


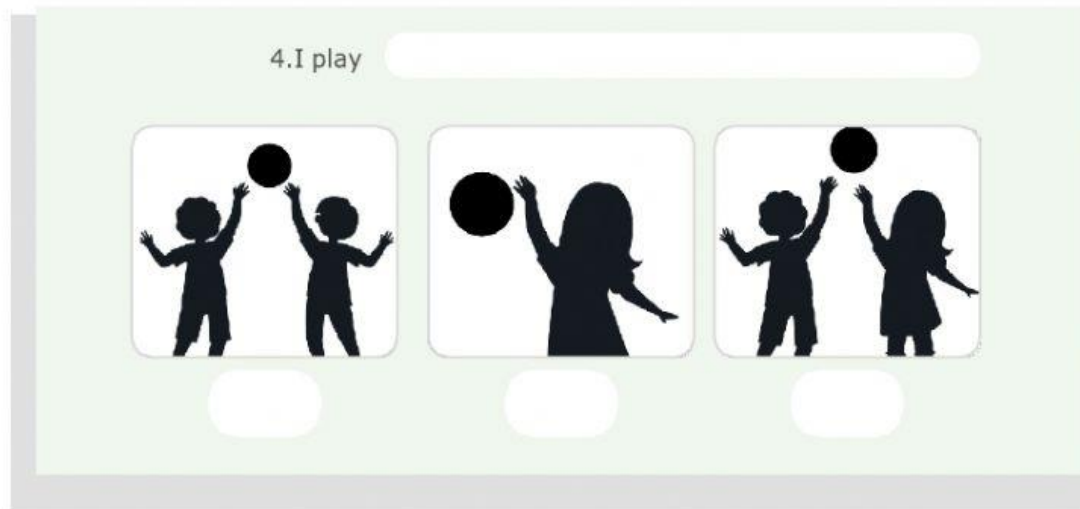
WHAT SHOULD I DO TO REDUCE STRESS?

2. I play the ...



3. I look at the ...





- This is the end
of Activity 2.
Bye- bye!**

A cartoon illustration of a young boy with dark skin and black hair. He is wearing an orange t-shirt with a red 'N' on it, red shorts, and black sneakers with white laces. He is holding a green book in his left arm and a string of red and white beads in his right hand. He has a friendly expression and is looking towards the viewer. The background is a light blue sky with a green hill in the distance.



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